

# Ages & Stages: Adapting for Juniors

Typical social  
behaviors for  
8-10 yr-olds

**How they  
Act**

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Strategies to  
support  
social  
development  
of  
8-10 yr-olds

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Typical  
cognitive  
behaviors for  
8-10 yr-olds

**How they  
Learn**

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Strategies to  
support  
cognitive  
development  
of  
8-10 yr-olds

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# Ages & Stages: Adapting for Cloverbuds

## Social Characteristics of 8-10 year-olds:

- Participates as a member of a group and contributes to the group effort
- Still prefers same-gender friendships
- Peer group acceptance is important
- Understands and practices sharing

## Supporting social development of 8-10 year-olds:

- Help youth identify their spark
- Focus on helping youth achieve their personal best. Avoid comparing youth to each other.
- Provide opportunities for same-gender activities
- Encourage them recognize peers' accomplishments

## Cognitive Characteristics of 8-10 year-olds:

- 40 min. attention span
- Learns best when new ideas are related to a piece of previous knowledge
- Able to develop simple plans
- Interest expands beyond the home to extend to neighborhood and community

## Supporting cognitive development of 8-10 year-olds:

- Hands-on experience & keep instructions brief
- Present a new idea or activity by referring to things that the youth already know
- Engage youth in planning but do not expect them to plan a whole event.
- Use community service to help youth learn about their neighborhood

These flashcards were developed by  
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Extension District.

You can print them two-sided, cut them  
out, and keep them on a lanyard for quick  
reference.

For more tips and strategies for working  
with Juniors and other age groups, visit  
the 4-H in the Panhandle Blog.

<https://nwdistrict.ifas.ufl.edu/4hn/>